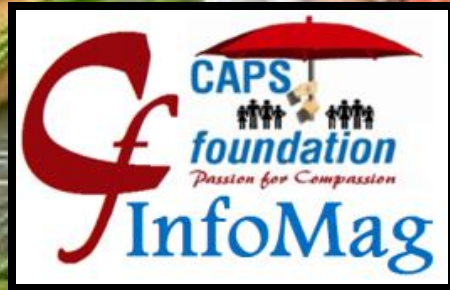


Pets - A friend Indeed!



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Editorial Team

- Cf Narasimhan E ▪ Cf Aroona
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From the Editor's Nest!

Time has been changing and so should we !! What was considered an achievement before, is not any longer! Records have been broken & higher benchmarks have been set. At one end we have a world which runs to win the rat race and on the other we have those who are wanting to change and start new things.

A world is a perfect balance between two extremes and two opposite elements. But, it is the fittest who survive and rest just live because they don't have an option! This complex world filled with challenges gives us enormous tension, fatigue, keeping spirits low and completely stressed out.

While we search for a break and a friend who can help us relax, here is a simple tip to do it. **Adopt a Pet!** As someone said, "*Dog is the best friend of man*", I am sure each one of you love having those tiny little pet-friends, with whom we not just love playing, but who can also help ease our pressure and make us more delighted and relaxed.

Having completed 4 years **Cf Infomag** happily presents the 49th Issue titled loving Pets! Read on Pet Lovers!



CAPS foundation...

Health Benefits of Pets!!!



While most pet owners are clear about the immediate joys that come with sharing their lives with companion animals, many remain unaware of the physical and mental health benefits that can also accompany the pleasure of playing with or snuggling up to a furry friend. It's only recently that studies have begun to scientifically explore the benefits of the human-animal bond. The American Heart Association has linked the ownership of pets, especially dogs, with a reduced risk for heart disease and greater longevity.

Studies have also found that:

- Pet owners are less likely to suffer from depression than those without pets.
- People with pets have lower blood pressure in stressful situations than those without pets.
- Playing with a pet can elevate levels of serotonin and dopamine, which calm and relax.
- Heart attack patients with pets survive longer than those without.
- Pet owners over age 65 make 30 percent fewer visits to their doctors than those without pets.
- While people with dogs often experience the greatest health benefits, a pet doesn't necessarily have to be a dog or a cat. Even watching fish in an aquarium can help reduce muscle tension and lower pulse rate.



How pets can help you make healthy lifestyle changes

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- **Increasing exercise.** Exercise doesn't have to involve boring repetition at a gym. Taking a dog for a walk, riding a horse, or simply chasing a kitten around are fun ways to fit healthy daily exercise into your schedule. Studies have shown that dog owners, for example, are far more likely to meet their daily exercise requirements than non-owners.



- **Providing companionship.** Isolation and loneliness can make disorders such as depression even worse. Caring for a living animal can help make you feel needed and wanted, and take the focus away from your problems, especially if you live alone. Most pet owners talk to their pets, some even use them to work through their troubles. And nothing beats loneliness like coming home to a wagging tail or purring cat.
- **Helping meet new people.** Pets can be a great social lubricant for their owners. Dog owners frequently stop and talk to each other on walks or in a dog park. Pet owners also meet new people in pet stores, clubs, and training classes.
- **Reducing anxiety.** The companionship of an animal such as a dog can offer comfort, help ease anxiety, and build self-confidence for people anxious about going out into the world.
- **Adding structure and routine to your day.** Many pets, especially dogs, require a regular feeding and exercise schedule. No matter your mood—depressed, anxious, or stressed—you'll always have to get out of bed to feed, exercise, and care for your pet.
- **Providing sensory stress relief.** Touch and movement are two healthy ways to quickly manage stress. This could involve petting a cat, taking a dog for a walk, or riding a horse.

SPC 45 - ATTAC Series

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Avarenandkotharo! Andkolli Bidree!!

(What others may think! Let them think!!)

“A tiger doesn’t lose sleep over the opinion of sheep”.

Once upon a time there was a bunch of tiny frogs, who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd gathered around the tower to see if any of them could actually do it. They started airing their opinions that no one can do it and one by one, the frogs began collapsing and fell down. But one frog made it to the top. Everyone wanted to know how the frog managed to achieve this feat. It’s secret? This little frog was deaf. We all know this story. And yet, we are victims of the same thing. The biggest hurdle that is holding most of us back from living exactly the way we want, is entirely self-created; it’s we who care for what others think of us.



Many of us are living a life that is being projected on to us by others. We are busy worrying about what others think, rather than embracing our own values, goals and desires. Imagine you are in a restaurant and you order yummy, delicious & your favorite rasgulla.



The order arrives with a fork and a spoon. Everybody around you eats sophisticatedly with the cutlery. You want to eat the rasgulla with your hand, enjoy its taste at the tip of your finger. Your taste buds won't be satisfied until you have it your way. You force yourself unwillingly to eat it with the cutlery merely to impress others.



The above is just one such instance wherein we lose out all the small pleasures in life merely for the sake of pleasing others. Those others whom we try to impress are the strangers whom we may have never met in our life and probably we will never meet again. Then why do we do it? The reason could be that we judge ourselves as good or bad on the basis of others judgment on us. There is a saying ***“Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are”***.

Despite knowing all this, we do not mend our ways. With the intention of impressing others, we often become fake and put on this mask that prevents from showing how truly amazing we are. This act may win people for the time being, but in the long run those people will wither away. It is said that ***“Your greatness is revealed not by the lights that shine upon you, but by the light that shines within you”***. (to be continued...)

SPC Message:

“Live life as though nobody is watching and express yourself as though everyone is listening”. - Nelson Mandela

Cf Update...

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**Cf constructed & donated
the first floor at**

**Government
School in
Amruthhalli,
Near Hebbal.**



How much about do you know about National Anthem?

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The National Anthem of India is played or sung on various occasions. Instructions have been issued from time to time about the correct versions of the Anthem, the occasions on which these are to be played or sung, and about the need for paying respect to the anthem by observance of proper decorum on such occasions.

The following is Tagore's English rendering of the anthem:



Thou art the ruler of the minds of all people,
Dispenser of India's destiny.
Thy name rouses the hearts of Punjab, Sind,
Gujarat and Maratha,
Of the Dravida and Orissa and Bengal;
It echoes in the hills of the Vindhya and Himalayas,
mingles in the music of Jamuna and Ganges and is
chanted by the waves of the Indian Sea.
They pray for thy blessings and sing thy praise.
The saving of all people waits in thy hand,
Thou dispenser of India's destiny.
Victory, victory, victory to thee.

Did You Know?

Whenever the Anthem is sung or played, the audience shall stand to attention. However, when in the course of a newsreel or documentary the Anthem is played as a part of the film, it is not expected of the audience to stand as standing is bound to interrupt the exhibition of the film and would create disorder and confusion rather than add to the dignity of the Anthem.

Rules regarding when to play the Anthem

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1. The full version of the Anthem shall be played on the following occasions:
 - i. Civil and Military investitures;
 - ii. When National Salute (which means the Command "Rashtriya Salute Salami Shastr") to the accompaniment of the National Anthem is given on ceremonial occasions to the President or to the Governor/Lieutenant Governor within their respective States/Union Territories;
 - iii. During parades irrespective of whether any of the dignitaries referred to in (ii) above is present or not;
 - iv. Immediately before and after the President addresses the Nation over All India Radio;
 - v. On arrival of the Governor/Lieutenant Governor at formal State functions within his State/Union Territory and on his departure from such functions;
2. The short version of the Anthem shall be played when drinking toasts in Messes.
3. The Anthem shall be played on any other occasion for which special orders have been issued by the Government of India.
4. Normally the Anthem shall not be played for the Prime Minister, though there may be special occasions when it may be played.
5. The Anthem may be sung on occasions which, although not strictly ceremonial, are nevertheless invested with significance because of the presence of Ministers etc. The singing of the Anthem on such occasions (with or without the accompaniment of an instruments) accompanied by mass singing is desirable
6. In all schools, the day's work may begin with community singing of the anthem. School authorities should make adequate provision in their programmes for popularising the singing of the Anthem and promoting respect for the National Flag among students.
7. It is not possible to give an exhaustive list of occasions on which the singing (as distinct from playing) of the Anthem can be permitted. But there is no objection to the singing of the Anthem accompanied by mass singing so long as it is done with due respect as a salutation to the motherland and proper decorum is maintained.



Hold on a little longer soldier!

- Cf Kiran
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Hold on a little longer soldier!

*The night is dark but day will dawn;
The war is at its peak but peace will be born.*

*The pain makes you cry but soon there will be laughter;
The time now makes you slave but soon you'll be master.*

*The struggle is bitter but its fruits are sweet.
The faster you march the sooner enemy retreats.*

*The sacrifices you make today will be celebrated forever.
Hold on a little longer soldier because the war is not yet over!*

Call for articles to be featured in Cf Infomag

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Cf Infomag, for a while now, has been theme based..making you connect with various aspects of life. We thought why not bring in some more excitement by declaring the theme in advance! So here we are with the themes for the next three months.



**September
"Cooking"**

A wonderful pass time at home!



**October
"Health"**

A wealth indeed...!



**November
It's Story time!**

Send in your theme based articles to infomag@capsfoundation.in. The articles may be anywhere between 200 and 300 words accompanied by a simple declaration from the author about the originality. Get set & get noticed...!



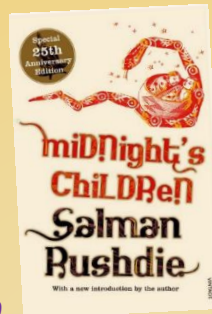
KNOWLEDGE SHARING

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Book of the month:

Midnight's Children by Salman Rushdie

The booker prize winning novel deals with India's transition from British Colonialism to independence partition of British India.



Word of the month: Renascent

Meaning- Becoming active or popular again

App of the month: Google translate

We've seen a few clever translation apps in our time, but recently Google Translate has crushed them all. It now offers translations of over 70 languages with input via text, handwritten words or symbols, spoken words or even text recognition via the camera. It can then give you the translation in the form of text or speak it for you.



Vegetable of the month: Spinach



- ❖ Plenty of Vitamin C which is good for muscles and heart
- ❖ Excellent source of beta-carotene that prevents asthma
- ❖ Contains choline and inositol that help prevent thickening and hardening of arteries.
- ❖ Strengthens the bones
- ❖ Anti-ageing vegetable
- ❖ Contains carotenoid that helps fight cancer
- ❖ Promotes healthy and glowing skin
- ❖ Lowers blood pressure



SHETTY SIR'S QUIZ CORNER

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1. Unqualified Auditor's Report must be read out in the AGM as per the provisions of Companies Act, 2013. True or False?
2. Is wealth tax leviable on the value of house under construction?
3. Who was the first Indian Woman Chief Minister?
4. When is the "Human Rights Day" observed?
5. When was the **highest SENSEX point** of BSE Index achieved?



SQC-19



Answers to SQC-18

1. FY 2016-17
2. False. Exemption has been withdrawn
3. Yes u/s 138
4. R. Sivabhogam
5. September



Thought to be taught!

The only person you should try to be better than,
is the person you were yesterday!